

THE WIRE

The Official Publication of Joint Task Force Guantanamo



Warriors never quit

Through heat and mental strain, 525th Soldiers compete for top honor

Laugh it up!

Visiting comedians put Troopers in stitches

Trash Talkin'

AROUND THE BAY

AND IN OUR PAGES



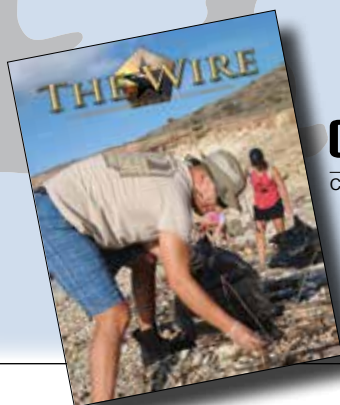
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525th's best Warriors compete for quarterly honor



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This Sailor dreams of opening a restaurant



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Monday night league hosts awards



Cover Story

Cover photo by Sgt. 1st Class Gina Vaile-Nelson

Nearly 50 volunteers clean up some of GTMO's dirtiest beaches.

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BAY WIRE REPORT

The Big Unit on deck



The United Service Organizations, in conjunction with GTMO's Morale, Welfare and Recreation program, will host a meet-and-greet between Major League Baseball legend Randy "The Big Unit" Johnson and Troopers Oct. 20, from 4-6 p.m., at Seaside Galley and at 6:30 p.m., at Cooper Field.

Monday Night Football

GTMO's Liberty Program will broadcast the NFL's Colts and Chargers game at the Marine Hill movie room Monday Oct. 14, 8:40 p.m. To register for this event please call ext. 2010 or email liberty at liberty@gtmo-mwr.org, at least 24 hours prior to kickoff.

Clean up on the Hill

Those interested in volunteering for some sprucing should report to the Marine Hill movie theater Saturday Oct. 12, 8 a.m.



The 238th
**U.S. Navy
Birthday Ball**

Saturday, Oct. 12 at 5:30 p.m.

Tickets on sale at the NEX Annex
from 11 a.m. - 1 p.m. daily

CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil



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Religious Services



NAVSTA Chapel

Catholic Mass
Mon.-Thur. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Protestant Services

General Protestant
Sunday 11 a.m.
Gospel Worship
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service

Sunday 10 a.m., Room 19

Islamic Service

Friday, 1:15 p.m., Room 2

Seventh Day Adventist

Friday, 7 p.m., Room 1
Sabbath School: Saturday 9:30 a.m.,
Room 1
Sabbath Service: Saturday 11:00 a.m.,
Room 1

JTF Trooper Chapel

Protestant Worship
Sunday 6:40 a.m.
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59
Windjammer/Gym - :22, :42, :02
Gold Hill Galley - :24, :44, :04
NEX - :26, :46, :06
NEX Laundry - :27, :47, :07
C Pool - :30, :50, :10
Downtown Lyceum - :31, :51, :11
NEX - :33, :53, :13
Gold Hill Galley - :35, :55, :15
Windjammer/Gym - :37, :57, :17
CC - :40, :00, :20
TK 1 - :41, :01, :21
TK 2 - :42, :02, :22
TK 3 - :43, :03, :23
TK 4 - :44, :04, :24
Camp 6 - :50, :10, :30
Camp Delta - :53, :13, :33
HQ Building - :55, :15, :35
Camp America NEX - :57, :17, :37
Gazebo - :58, :18, :38
Camp America - :00, :20, :40

Beach Bus

Sat. and Sun. only - Location #1-4
Windward Loop
0900, 1200, 1500, 1800
East Caravella
SBOQ/Marina 0905, 1205, 1505
NEX
0908, 1208, 1508, 1808

Phillips Park

0914, 1214, 1514

Cable Beach

0917, 1217, 1517

Windward Loop

0930, 1230, 1530

NEX

0925, 1225, 1525, 1825

SBOQ/MARINA

0935, 1235, 1535

Return to Office

0940, 1240, 1540

NEX Express Bus

0955-1955

Every hour at the stated times

Camp America - :55, :48
TK 1 - :05, :36
Denich Gym/Windjammer - :11, :31
Gold Hill Galley - :14, :29
NEX - :16, :27
Downtown Lyceum - :17, :25



JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



By Capt. Daryl Daniels

Commander, Joint Medical Group

It's fall and once again it's time for all of us to get our annual flu vaccine. Whether you get the injection or the nasal mist, it's important that every one of us receive this vital bit of protection. Like your helmet and your body armor, the flu vaccine can save your life.

The flu, or influenza as it is properly called, doesn't always get the credit it deserves. Most of us get flu-like symptoms from time to time. It causes a few days to a week of aches and pains and then we get over it. It's hard to remember that influenza is a real threat. There have been times in our nation's history that influenza has become a serious public health issue.

One of the worst influenza epidemics occurred in 1918. Called the "Spanish Flu," the epidemic started on the East Coast with Soldiers coming back from World War I. It quickly spread to the major cities. Public health officials were caught off guard by how serious the Spanish Flu was. Soon many people were infected and the death rate started rising. Unlike many of the influenza strains we see today, which have the worst effects on the very young and the very old, the Spanish Flu seemed to affect otherwise young, healthy people. Boston and Philadelphia were hit especially hard. Medical facilities



Capt. Daryl Daniels

were overrun. By the time city officials decided to act, it was too late. In four months, over 12,000 people died in Philadelphia alone.

As the epidemic spread westward people saw what was happening back east and decided to be proactive and prepare for the worst. In St. Louis hospitals and clinics purchased supplies and trained volunteers. Churches

schools, movie theaters, parks and other places where people might gather were all closed. Public events were cancelled and mandatory quarantine laws were hastily enacted. Even some stores, businesses and factories were closed.

These measures may seem draconian, and in fact there were many public outcries about the closures. But when the flu came, St. Louis was relatively spared. The death rate in St. Louis was less than half of what it was in Philadelphia. Other Midwestern cities such as Milwaukee and Kansas City followed St. Louis' lead and also did not have as serious an outbreak as cities back east. The actions these cities took saved thousands of lives.

By the time the Spanish Flu epidemic was over in early 1919, more than 675,000 people had died in the U.S. That's more than the entire population of El Paso, Texas. Worldwide, more than 50 million people died, making the Spanish flu one of the worst epidemics in human history.

Since the Spanish flu, there have been several other large influenza epidemics to hit the US, including the Asian Flu in 1957, the Hong Kong Flu in 1968 and the Russian Flu of 1977. Each of these influenza outbreaks killed thousands of Americans. In 2009 a new influenza strain was detected. The flu was called H1N1. (Cities and countries no longer like to have their name associated with a deadly disease). Because H1N1 was detected early, scientists and manufactures were able to develop and distribute a vaccine before the disease spread widely. This is credited with minimizing the loss of life seen in previous influenza outbreaks—there were less than 19,000 deaths nationwide. Like the public health closures in St. Louis almost a century before, the vaccine probably saved thousands of lives.

The modern flu vaccine is prepared each year to protect against the influenza felt to be most likely to cause an epidemic based on world-wide surveillance. This year's vaccine helps protect you against multiple strains of the flu. It will help protect you and your family from what could be a deadly illness. Last year the military saw far fewer influenza cases than the U.S. population at large, mostly due to our getting the influenza vaccine. And here on GTMO we didn't have a single case, thanks to our vaccination program.

So Trooper, it's time to grab your gear and get your flu shot. It's your best defense against our perennial enemy.

TROOPER TO TROOPER

Selfless service sets true leaders apart, put others ahead

By Master Sgt. Gregory Martin

Operations NCOIC, Task Force Platinum



Master Sgt. Gregory Martin

I would like to talk to you today about one of the seven Army Values: selfless service. I have been part of this organization for more than 20 years now and have seen some pretty amazing actions by our fellow Soldiers in both peacetime and wartime situation

One of my favorite quotes is this: "Great-

er love hath no man than this, that a man lay down his life for his friends."

There is nothing more honoring than to think of your fellow brother, sister, or even enemy, as greater than yourself. Selfless service is just that — service without yourself in the mix. No matter where you are or what you are doing we must put others ahead of ourselves. Now, that is no easy task because we are pre-programmed to think about our own well-being and safety before someone else's.

I hear it briefed in many different settings all the time: "before you can save someone you first must save yourself," but is that really the way that we should think as

Soldiers? Many examples come to mind about selfless service within our ranks. One example is Spc. Ross McGinnis who died Dec. 6, 2006, in Iraq.

While on a patrol in Iraq a grenade was thrown into the gunner hatch of his vehicle and became lodged between the radios. McGinnis yelled to his fellow Soldiers, but realized that they could not locate the grenade. Knowing that his fellow Soldiers had their door combat locked and would not be able to exit he covered the grenade blast with his own body and saved the lives of all the other Soldiers. The following is a quote from one of his leaders: "For him to jump in and out, I've seen him do it day in and

Pentagon Official Blogs About Resources During Shutdown

By Amaani Lyle

American Forces Press Service

Amid the government shutdown, service members and their families still



Rosemary Freitas Williams, Deputy Assistant Secretary of Defense for Military Community and Family Policy

must face the unique challenges associated with multiple moves and more than a decade of war, so a Pentagon official has listed available resources on the “DOD Live” blog.

Though Department of Defense Education Activity schools will remain open, wrote Rosemary Freitas Williams, deputy assistant secretary

of defense for military community and family policy, the shutdown will affect quality of life, family support and child and youth programs.

“The government shutdown has affected a wide range of services, but we are doing all we can to maintain our covenant with the military community at the Department of Defense,” Williams said.

Operating statuses and schedules may vary at installation levels, but Williams provides advice and information on a variety of resources:

- Child Development Centers: Contact the local CDC or installation for details and guidance.

- The Joint Family Support Assistance Program is fully operational and serves members and families from

all components. It collaborates with military and family support resources to augment their activities and fill gaps where they exist. Services include nonmedical counseling and education to individuals, families and groups; child care location assistance; financial education; counseling; and on-demand support for the Yellow Ribbon Reintegration Program and other deployment events. The program is tailored to the needs of geographically dispersed military families, including the National Guard and reserves.

- The Military and Family Life Counselor program will continue uninterrupted and perform routine functions. Counselors who are unable to access the installation during the shutdown will work offsite until they can.

- Military exchanges and commissaries are open worldwide.

- Staffing will be determined at each installation for family support centers and family advocacy programs.

- Morale, welfare and recreation programs, nonappropriated fund activities or other operations necessary to support “excepted activities” will continue, such as dining facilities operations, physical training, and child care activities required to support readiness.

- Education centers for family members and service members will be closed, including counseling services, testing centers, learning centers and computer labs. Tuition assistance will not be authorized or granted for new

classes.

- No financial assistance requests for My Career Advancement Accounts (will be approved until further notice, but all spouses with a financial assistance requests approved before Oct. 1 will have their approved requests honored so they can attend class. Spouse Education and Career Opportunities counselors will continue to provide comprehensive education and career counseling services. Call the SECO Career Center at 800-342-9647 or visit the SECO website and continue to monitor the MyCAA portal for updates regarding when financial assistance will once again be available for approval.

“We recognize the incredible commitment and contribution of military families,” Williams wrote. “We are working with the military services to keep as many doors open as possible during the shutdown, operating within the fiscal guidance passed down from the highest levels of DOD leadership, so families may continue to be empowered and thrive amidst these most recent challenges.”

For more information on how the government shutdown may effect Defense Department personnel, please visit:

**Government Shutdown:
What You Need to Know**

<http://ow.ly/pFsnj>

■ What Soldier are you? Continued from page 4

day out. He can get out in a second ... but he didn't. He stayed there,” Thomas said. “When I think about it, I just get shocked because he always said, ‘Sergeant T, if a grenade fell in, I wouldn't know what I'd do.’”

There are thousands of stories across the Armed Forces of Soldiers paying the ultimate sacrifice and doing other amazing things. One of those Soldiers here, at GTMO, in my company is Army Staff

Sgt. Jamie Mobley. Mobley works as our Escort NCOIC. He is a leader of Soldiers, always going above and beyond on leading his Soldiers. No matter what the time or location, Mobley will be there without question and will think of the mission first.

In the end, we as Soldiers have a responsibility to each other to put aside our wants and needs and help someone else. It may be picking up a piece of trash on the side of the road, staying up late talking with a

Soldier about an issue that they are fighting, or even laying down your life for someone else. If we all would do our part the whole will be fulfilled.

So I ask you today, what will you choose? Will you take that extra minute to talk to a Soldier even though you are late? Will you pick up that empty water bottle when you're the only one in the parking lot? Will you be the one to lay down your life for a friend? The choice is yours.



Gravity catapults through theaters

Review by Sgt. Katherine Forbes

JTF-PAO, thewire@jtfgtmo.southcom.mil

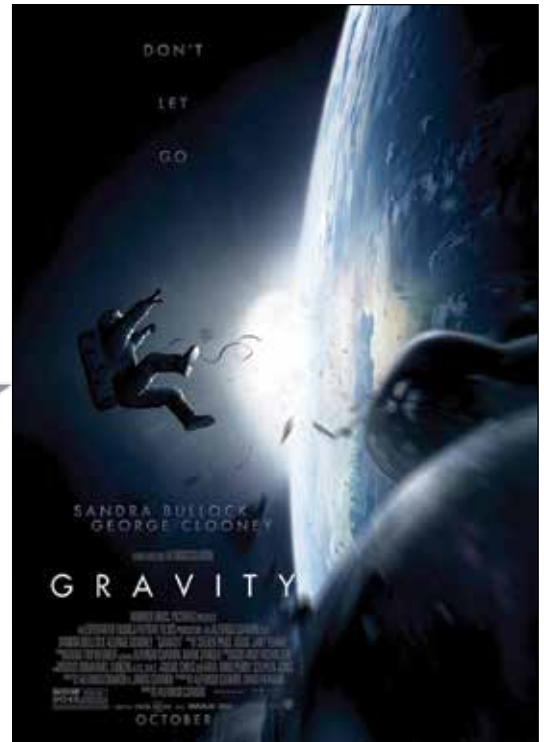
Life in space is impossible. Earth has controlled temperatures, air and all the elements necessary to support our flesh and bones. We are held here by a force we cannot see yet feel deeply, gravity.

"Gravity," written and directed by rising master of poetic science fiction, Alfonso Cuarón (he also wrote and directed 2006's "Children of Men"), smashed into theaters and set records for it's Oscar-winning actors Sandra Bullock and George Clooney.

The film centers on scientist Ryan Stone (Bullock) and her journey back to Earth after a space mission to fix a satellite goes terribly wrong.

This isn't "Apollo 13," this film is more brutal. Stone, doesn't have a spaceship, or a crew, or communication with Houston to get her through her ordeal. She only has herself—her wits and will to live.

This is a story about life pushed to the edge—physically and psychologically, with cinematics that keep you on the edge of your seat. Every obstacle Stone deals with in her journey back to Earth has to do with the things that weigh us down. For being completely out-of-this-world awesome, I give this film five banana rats. 🍌



Courtesy of Warner Bros. Pictures

Direction's documentary can be appreciated, good presentation

Review by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

"One Direction: This is us" is a classic example of a musical documentary filmed in the same style as Michael Jackson's "This is it," Justin Bieber's "Never Say Never," and Katy Perry's "Part of Me."

This movie is the telling behind-the-scenes story of the members of "One Direction" as seen through their eyes. It includes personal interviews and homemade videos interlaced with footage from various concerts.



Throughout the movie, the audience learns of the humble beginnings of this internationally-famed band and their rise to stardom. The viewers are treated to the "X-Factor" showcase where the band really got its start.

Follow the guys as they tour the globe and captivate fans the world-over. For being over the top and dynamic in its presentation, I give this movie four banana rats. 🍌



Courtesy of Tristar

A walk down memory lane, "World's End" has humor and action

Review by Sgt. Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

"The World's End" is a comedy with a sci-fi twist. The general plot synopsis is about a gang of friends who try to re-live their adolescent trip along the "Golden Mile," a beer-induced walk through their hometown of Newton Haven's local pubs. The problem is that four of the five friends have grown up, gotten careers and families, while the group's ringmaster Gary King (Simon Pegg) hasn't progressed at all.



Gary struggles to get the group back together, but he succeeds. Once the group gets to Newton Haven, the shenanigans, or lack thereof, begin; until Gary comes across something new and different in the town he once called home. In the end, the friends come together for a journey they would have never expected, and join together to win the fight for their future.

Overall, I thought the movie was mildly entertaining. You'll like this movie if you're a fan of "Shaun of the Dead," or "Hot Fuzz," or if you're a fan of dry,

British humor. The movie had a sci-fi twist that totally came out of left field for me. I won't give it away, but if you're curious, Google it. I did like the close-up action sequence shots (that's the public affairs/artistic part of me talking.) There were a few laugh-out-loud moments for me, and the other movie-goers in the crowd laughed a little more than I did. I think most would enjoy this movie. I'm giving it three banana rats. 🍌



Courtesy of Universal Pictures

Riddickulously awesome

By Sgt. Darron Salzer

Photo Editor, thewire@jtfgtmo.southcom.mil



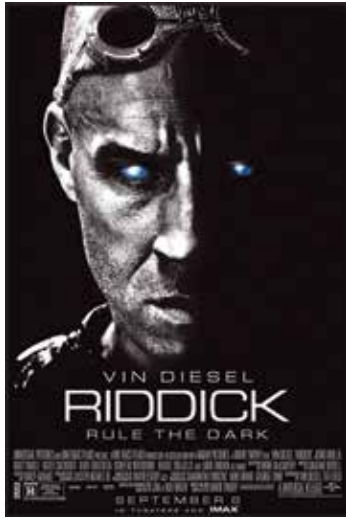
In the fourth movie of “The Chronicles of Riddick” canon, we see the return of actor Vin Diesel as the title character, five years after becoming Lord Marshal of the Necromonger army.

Riddick, refusing to swear into the Necromonger faith and feeling “lost,” makes a deal to step down as Lord Marshal in return for a ship and location of his home planet Furya. Instead, he is marooned on a sun-scorched and apparently lifeless planet after a failed assassination attempt, forcing the character to reawaken the “animal within” and shed his “domestication” to survive.

In the opening narration, Riddick proclaims he’s been there before, meaning impossible odds against an unforgiving terrain while left for dead. Fans will feel the same as “Riddick” has an almost similar plotline as “Pitch Black”: people trapped on a planet where the question is what is the biggest danger, the planet or Riddick?

Series fans will also enjoy the return of the brooding lone-wolf mentality of Riddick, but the first 30 minutes of the film feel like an extreme mash-up between “Survivor Man” and “Castaway” with a dash of “The Dog Whisperer.”

Don’t worry about having seen the prior installments of the series to enjoy “Riddick,” as plenty of blood and violence, coupled with gorgeous and ultra-realistic CGI, give series and genre fans plenty to enjoy. The return of classic Riddick-ness is awesome, but the cheesiness earns the film four banana rats. 🍌



Courtesy of Universal Pictures

Profile in determination:

SPC Juan Galvan

By 2nd Lt. John-Charles Bautista

357th Military Police Co., physical trainer

Spc. Juan Galvan is a highly-motivated Soldier who has trimmed more than seven percent of his body fat and lost more than 15 pounds during the past four months. He motivates his battle buddies to reach their fitness goals.

“People coming to me for help motivates me to continue to do what I’m doing as a self-taught trainer and as a body builder,” he said.

Galvan competes in bodybuilding, strongman competitions and power lifting professionally. After this tour, Galvan would like to get back into competing and helping others reach their goals, because that’s what he really enjoys doing. His routine consists of working out six days a week:



Spc. Juan Galvan

SUNDAY Chest and Triceps	TUESDAY Back	THURSDAY Legs	SATURDAY Rest Day
MONDAY Biceps	WEDNESDAY Shoulders traps, rhomboids, deltoids	FRIDAY Extra Day	

He also alternates between cardio and abs everyday. He switches it up between long-distance runs, hill runs, sprints and plyometric training. 🌟

Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

11 FRIDAY	12 SATURDAY	13 SUNDAY	14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY
Captain Phillips (New) PG13, 8 p.m. The Family (New) R, 10:30 p.m.	Insidious: Chapter 2 (New) PG13, 8 p.m. Riddick R, 10 p.m.	Getaway PG13, 8 p.m.	You're Next (LS) R, 8 p.m.	Lee Daniels' The Butler (LS) PG13, 8 p.m.	Mortal Instruments: City of Bones (LS) PG13, 8 p.m.	Gravity PG13, 8 p.m.
The Family (New) R, 8 p.m. You're Next (LS) R, 10 p.m.	Captain Phillips (New) PG13, 8 p.m. Insidious: Chapter 2 (NEW) PG13, 10:30 p.m.	Mortal Instruments: City of Bones (LS) PG13, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Riddick R, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Lee Daniels' The Butler (LS) PG13, 8 p.m.

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing



Best Warriors

525th MPs beat the heat, compete for quarterly title of best in Bn.

Story and photos by Sgt. Darron Salzer
Staff Photographer, thewire@jftgmo.southcom.mil

The 525th Military Police Battalion held their Best Warrior of the Quarter competition Sept. 13, beneath the searing sun and thick humidity of Guantanamo Bay, Cuba.

The top noncommissioned officers and enlisted Soldiers of MP units within the Joint Task Force went head-to-head as they competed in events such as an Army physical fitness test, M16 rifle qualification, land navigation, a written essay, a command sergeant major board and battle drill lanes.

Spc. Blane Richoux, executive assistant to the Joint Detention Group command sergeant major, said events like this are something he enjoys.

"I'm excited that we have events like this," Richoux said. "It's kind of a

return to the old Army days. Any time you get to refresh on skills that you haven't used in a while is a good opportunity for everybody.

The competitors all said that overall, the competition was very tough.

"My skills and knowledge are being pushed to the limits by this competition," said Army Sgt. Ronnie Patrick, training noncommissioned officer with Headquarters, Headquarters Company, 525th MP Bn. "From the PT test this morning, then the range and the land navigation course, it's basically exhausted me already."

But the challenges are what bring the

It's definitely rewarding to know that for this quarter I am the best NCO for the battalion.

— **Staff Sgt. Christopher Eveleth**
Squad leader, 591st MP Co.

Warriors to the challenge.

"It's very challenging for each Soldier," said Army Sgt. Alvin Serrano, military police with the, 613th MP Co., "whether they are being pushed physically or mentally.

The mental aspect was toughest for Serrano.

"You have to learn and remember a lot



Spc. Raymond Chavez, a team leader with the 591st Military Police Company, checks his shot group during the zeroing of the weapons qualification event at the Granadillo Range Sept. 13.

of knowledge, and then be able to think straight throughout the whole competition,” he said.

As the day wore on, every Soldier said it was the land navigation event that was the toughest.

“Land navigation was tough because of the heat and it seemed like every point we had was on top of a hill,” said Army Staff Sgt. Christopher Eveleth, squad leader with the 591st MP Co.

He said the Troopers spent a lot of time walking up and down the hills through thick vegetation, tiring the competitors.

“Land navigation was the most exhausting, with the sun beating down and the humidity, it was so high that we were dehydrating so quickly,” said Spc. Raymond Chavez, team leader with the 591st.

Eveleth and Chavez would later go on to be named the top NCO and enlisted Soldier of the competition.

“It feels pretty good,” Chavez said of his rise to the top.

“Once it was all over I had a huge feeling of relief because of how exhausting and draining it all was,”



Soldiers competing in the 525th MP Battalion's Best Warrior of the Quarter competition plot points on a map near Hutia Highway, Sept. 13.

he said. “At the end of the day, we were all really anxious to find out who the winners were, and once I found out that I was the winner it made everything I did that day worth it.”

As far as having any sort of edge over the rest of the competitors, Eveleth said amassed knowledge was a factor for him.

“The knowledge I have been able to gain just comes from my years of experience and it’s something that would be easily passed to those

Soldiers under me,” he said.

Despite the challenges though, the whole experience was gratifying for Eveleth and Chavez.

“It’s definitely rewarding to know that for this quarter, I am the best NCO for the battalion,” Eveleth said.

“The support and motivation that my unit gave me in the days leading up to the competition definitely helped to keep me going and do my best to make my unit look good,” Chavez said. 🌟

Trash T



After Hurricane Sandy blew through Guantanamo Bay in October of 2012, debris and trash were left in her wake. Since the storm, trash has continued to wash up along the southeastern beaches of Guantanamo Bay, including Cuzco Beach, Hidden Beach and Blue Beach which are in a restricted area of U.S. Naval Station Guantanamo Bay and do not see much foot traffic. Joint Task Force Troopers volunteered to clean up the beaches Oct. 5.

Air Force Tech Sgt. Chris Ellard, Base Emergency Engineer Force, holds up syringes recovered at Cuzco Beach Oct. 5, during a volunteer beach cleanup. One theory is that much of the trash that washed up on Guantanamo Bay's beaches after Hurricane Sandy was from relief supplies sent to Haiti following the 2010 earthquake there and subsequent relief missions to the area. "This looks a little like after Hurricane Katrina," Ellard said. "makes you think twice about throwing out your trash."





Troopers volunteer to clean Southern beaches, remove hundreds of pounds of trash in one day

Story and photos by Sgt. 1st Class Gina Vaile-Nelson

Editor, thewire@jftgtmo.southcom.mil

Ten thousand flip-flops. Rum bottles. Syringes.

While it may sound like a scene from a Hollywood movie about Woodstock, it's exactly how Army Staff Sgt. Joel Shively, Joint Visitor's Bureau, Joint Task Force Guantanamo, identified the most common trash littered about Cuzcos Beach.

"I've never been to a beach where it's this tore up," he said.

In fact, most of the 49 other JTF Troopers who stormed Cuzcos Beach Oct. 5, hadn't even been to the Cuzcos Beach side of the island. A restricted area, it was virtually untouched since prior to Hurricane Sandy's demise last October.

The trash began washing up from islands south of Cuba onto the beaches of U.S. Naval Station Guantanamo's southeast border shortly after the storm, but it wasn't just the trash that Sandy brought. Wind knocked over trees and branches while rain caused erosion to the fire roads that provided access to the area. Not only was Cuzcos, Hidden and Blue beaches left trashed, but also inaccessible.

"Everywhere we go, we leave a mark," said Air Force Master Sgt. Lee Sinclair, Base Emergency Engineer Force heavy equipment noncommissioned officer in charge.

"We take a lot of pride in our work, especially when we see it being put to use and people appreciate that," he said.

Sinclair and his team of "Dirt Boyz" grated the ground and fixed the eroded fire breaks in order for volunteers to make it to the beaches for the cleanup. Their mission served two purposes: provide access to the beaches to remove the trash; and provide fire access for the secluded area in the event of fire. Then, they continued the efforts by stuffing bag after bag of trash.

"We've made a big difference," he said. "It still needs more work, branches and trees that need picked up, but we really made a big difference out here."

The difference, according to Navy Cdr. Terry Eddinger, JTF-GTMO command chaplain, is night and day.

"Volunteers paid attention to even the smallest of items," Eddinger said. "I think the only way we could have cleaned it better is to have used a vacuum cleaner."

Eddinger came up with the idea of the beach cleanup after seeing the area from the hills above during one of the summer history walk tours. An avid history buff and archaeologist, his inquisitive mind churned about the layout of the beach, the feet that once roamed it and the garbage that was strewn about. He returned later to find a way to get to the beach.

"I was overwhelmed with the amount of trash I saw," he said. "I wanted to do something about it because it was otherwise a beautiful beach and I'm something of an environmentalist."

Eddinger diligently worked with NAVSTA command staff, NAVSTA Weapons department, the BEEF and JTF to get the volunteer project rolling. After two months of planning, a new road in place and four hours of manual labor (which filled five flatbed trucks with garbage bags), the beaches were finally clean.

"The cleanup was a success way beyond what I initially imagined it to be," Eddinger said. "It is a shining example of what people can do when they work together." 🌟



Joint Task Force Troopers load trash bags collected at Cuzco Beach into a pickup truck for transport to a waiting flatbed truck. The Troopers collected five flatbed trucks full of trash, weighing hundreds of pounds. The beach, located in a restricted area of U.S. Naval Station Guantanamo Bay, hasn't been used since before Hurricane Sandy last October.



Cleared of more than 150 extra-large trash bags full of litter, Cuzco Beach is no longer an Environmental hazard, according to Joint Task Force Guantanamo's Command Chaplain, Navy Cdr. Terry Eddinger. Eddinger organized the Oct. 5, cleanup.

The Grill Master

From her parent's kitchen to GTMO's grills, Sailor's passion is food

Story and photos by Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

To be passionate about a hobby, an industry, or an idea is often sought after by most in their professional career. While some find their passion at a young age, others may struggle until they find theirs years later. Some even come across their passion accidentally, not expecting it at all.

For Navy Petty Officer 3rd Class Jenny Nelson, passion for cooking and the restaurant industry came in the form of chocolate-chip cookies and a less than two-year-old Nelson, insisting on mixing the ingredients.

Nelson, a psychiatric technician assigned to the Behavioral Health Unit, Joint Task Force Guantanamo, has always loved cooking and playing restaurant.

"When I was growing up, I always loved to cook," said Nelson.

"When I was very young, I would play restaurant instead of house or school, like most kids do. I would write a menu, usually consisting of macaroni and cheese, tomato soup, peanut butter and jelly, and go into the living room and 'wait' on my parents and grandmother. I would take their order and go into the kitchen and cook for them."

The family wasn't shy of the restaurant industry though. Nelson's parent's bought their restaurant when she was about 13 years old. The restaurant, called "Mike's Giant Size Subs and Delicatessen", or "Mike's" for short, was a diner-like deli that served 25 different varieties of cold subs, several types of Philly

cheesesteaks, soups, breakfast sandwiches, wings, burgers and daily specials.

She started working there shortly after, making cheesesteaks and burgers and eventually started working there every day after school and on the weekends. By the age of 16, Nelson found herself working every facet

of the business and writing the daily specials. Nelson helped her parents in all aspects of the restaurant, from working the sub line and the grill, preparing and making some of the food, to answering the phones, making food deliveries, assisting in catering events, and managing the register, all from open to close.

According to Nelson, the atmosphere of the restaurant was very friendly, with

a warm and down-to-earth vibe. The shop itself had about nine booths for customers to sit and enjoy their food and catch up with each other. Soda machines and a coffee display lined the wall near the booths, along with a television set for customers to catch the last few seconds of a game while they finished their food. A glass display held a variety of cold cut meats, sliced to order, while another display held cookies, brownies, bagels and other baked goods and snacks. It wasn't uncommon for the restaurant to be packed with policemen fresh off their shift, for Mike was a police officer for the township.



Photo courtesy of Nelson family

At the young age of two, Jenny Nelson knew she loved getting her hands dirty and being creative in the kitchen. Today, as a petty officer third class in the Navy, she enjoys cooking as a hobby.



Navy Petty Officer 3rd Class Jenny Nelson cooks up a feast for her buddies during a Behavioral Health Unit barbecue this summer. Nelson has always had a love for cooking since she was a young child and worked at her family's restaurant.

The restaurant also had an impact on the community. "Mike's" would always make sure the homeless people in the area were served hot coffee and soup in the winter, with the occasional sandwich, and offered the community police and fire department and school faculty discounts at their restaurant.

The restaurant even provided support to the New Jersey National Guardsmen during Hurricane Floyd in 1999. The

Governor of New Jersey assigned Nelson and her family to feed the National Guardsmen.

"My parent's business wasn't about making a profit; it was about taking care of the community. Working there gave me a sense of purpose, to always find success in your heart versus your wallet."

Although the shop has since been sold, Nelson feels that working for her parents has helped prepare her for the culinary



Juicy marinated steaks cook on the grill Oct. 1, as Petty Officer 3rd Class Jenny Nelson prepares a feast for her friends at the Camp America.

industry and has built her work ethic and character. Nelson recalls coming across her mother scrubbing the toilets in the bathroom of the restaurant and what her mother said to her. "I asked her why she wasn't having someone who worked for her doing it, and she said, 'I

will never ask my staff to do something I am not willing to do myself.' That has stayed with me since. No matter how far you get in life, you never forget where you came from. No matter how important life makes you, you are still just another person, like everyone else."

On what's next in her career, Nelson, who's favorite meal to cook is her signature Coca-Cola and Ketchup grilled chicken,

has dreams for her future in the food industry.

"I have always wanted to open a restaurant," she said. "My biggest dream is to open a pizza or sub shop at the Jersey Shore in Asbury Park, but I also want to eventually work for some type of government kitchen. I would love to run an eating establishment on a military base. I haven't figured out exactly what I am going to do next, but I know it will be fulfilling my passion for all things edible."

Fighting hard, studying harder and pushing herself, Nelson secured a job as a psychology technician in Portsmouth, Virginia. But while stationed here at Naval Station Guantanamo Bay, Nelson fulfills her passion by grilling and cooking for her friends during her unit's barbecues near the beaches. 🍴

A day at the range

MARSECDET familiarizes crews on weapons systems, qualifies

Story and photos by Pfc. Cody Cooper

JTF-PAO, thewire@jtfgtmo.southcom.mil

Joint Task Force Guantanamo's Maritime Security Detachment sent rounds downrange Oct. 2, as the Coast Guardsmen assigned to the 301st Port Security Unit fired once last time for fiscal year 2013 at Granadillo range.

"Today's task is to familiarize and gain proficiency with a .50caliber Browning machine gun and an M-240b machine gun," said Chief Petty Officer Wayne Gibson, a gunner's mate with the 301st PSU.

Gaining proficiency with a weapon takes time and practice. For the MARSECDET this is an obligation, and keeps the Coast Guardsmen proficient with their shooting skills. .

"We go to the range three times a month," said Gibson, "two underway ranges and one land base range. We are level three shooters which requires us to qualify every six months." Gibson said that being adept at shooting takes not only commitment but repetition as well.

"I believe if you only shoot once every six months, you're not going to be proficient," he said, "so we seek to get as much underway and range time as possible so we can be proficient with our weapons."

Numerous hours on the range are not the only plus side to Gibson's deployment.

"This is a great deployment," said Gibson. "Compared to my previous deployment in Kuwait, this is a million times better. We have a lot more amenities, freedoms and recreational activities for people to do."

While Gibson has experience overseas his unit has a few rookies.

"We have some junior guys that didn't go to Kuwait. This being their first deployment, they don't have a frame of reference on how good we have it," said Gibson.

Although some individuals say having a previous deployment makes Guantanamo Bay more enjoyable, others think that it is a great starting point.

"I believe this is a good learning experience for me and I might not get another opportunity to come down here," said Petty Officer 3rd Class Eric Hannon, a machinery technician with the Maritime Security Detachment.

Having the chance to train here Hannon is willing to defend on and off shore.

"Our main mission is to protect the water ways," said Hannon, "and one of the ways we prepare for that is training both on and off of water for any situation where we might have to take action."

Training on a range is a good way to be prepared for any circumstance, the Coast Guardsmen said, so there is no doubt that the MARSECDET will display proficiently when the time comes. 🇺🇸



Coast Guard Chief Petty Officer Wayne Gibson, a gunner's mate with Port Security Unit 301, operates a .50 caliber M2 machine gun at Granadillo Range, Sept. 30.



A little comedic relief ...

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

Jokes, gags and musical accompaniment kept the audience in stitches during the Socks Off Comedy Tour at the Windjammer ballroom Oct. 5, at U.S.

Naval Station Guantanamo Bay, Cuba. The comedy tour, presented by the Department of Defense's Armed Forces Entertainment, featured six Los Angeles-based comedians who engaged the audience on a variety of topics ranging from dating and fashion, to video games and music.

Though many enjoyed the laughs, few know what it took to get Jodi, Mark, David, Johnny, Sunah and Flip to GTMO.

Stephen Prestesater, community activity director for GTMO's Morale, Welfare and Recreation department said the logistical aspect of getting these six individuals involved a lot of moving parts.

"We had originally planned on them being here for the NEX Customer Appreciation weekend," said Prestesater. "The problem is that when AFE

sends out their tours, they send them out on a monthly to bi-monthly schedule and they have to coordinate with all other locations."

The comedians have traveled throughout the Western hemisphere on behalf of AFE to Greenland, GTMO, Honduras, Ecuador, Puerto Rico, El Salvador and Andross Island, and Troopers welcomed the impact of their visit.

"This is my second deployment here," said Army Sgt. Joshua Garrison, military police with the 189th MP Co., "and events like this really lighten the mood. Comedy is something you can enjoy no matter where you come from."



Comedian Jodi Miller interacts with Troopers for the Armed Forces Entertainment's "Socks Off Comedy Tour" at the Windjammer ballroom, Oct. 6.

"A lot of us work a lot and we don't have time to ourselves, so to be able to get out at night and just laugh is a fun thing," said Army Pfc. Kevin O'Donnell, military police with the 189th MP Co.

"It made you feel good afterward, just laughing," said O'Donnell.

O'Donnell mentioned this was the first comedy tour performance he has attended and he liked it.

"Here at GTMO we always want to provide the best we can for everyone here, it was a pleasant surprise," said Prestesater. 🍷



Headliners of AFE's "Socks off Comedy Tour" take time to pose for a quick photo with Joint Task Force Guantanamo Troopers during an autograph session following their comedy show Oct. 5, at the Windjammer ballroom.



Ping Pong

Tournament

Get your backhand ready and report to the


Marine Hill Liberty Center

Sunday, Oct. 13 at 2 p.m.



"Less talkie-talkie, more ping pong!"

For more information call ext.2010



MOTIVATOR

OF THE WEEK

SPC Justin Duplechin
2228th Military Police Company


BM1 David "Pumpkin" Gastafson
MARSECDT



FOOTBALL MADNESS

at O'Kelley's Pub
Catch the entire lineup starting at Noon each day

SATURDAY COLLEGE SUNDAY NFL



Sushi Night!

Say Sayonara! to the galley and venture out to the Bayview Club to whet your appetite for authentic Japanese sushi on

Thursday, Oct. 17
7:30-9:00 p.m.

Bayview Club
ext. 75604

The Wire

OPSEC CORNER

Shoulder surfers are no good

Surfing the waves is fun, but shoulder surfing is something every Trooper should look out for.

Identity thieves can get your information by standing behind you in line at the ATM, peering over your shoulder as you enter your information into the online bank system at your cubicle or using a debit card at the pump.

It can also happen when you're entering doors at work that require access codes.

Make sure you know who is behind you, and beware of the shoulder surfers. Use OPSEC!



BINGO

AT THE WINDJAMMER!

Every **Tuesday** and **Sunday** evening
6:30-9:00 p.m.

2 Packs of Regular Bingo for \$10



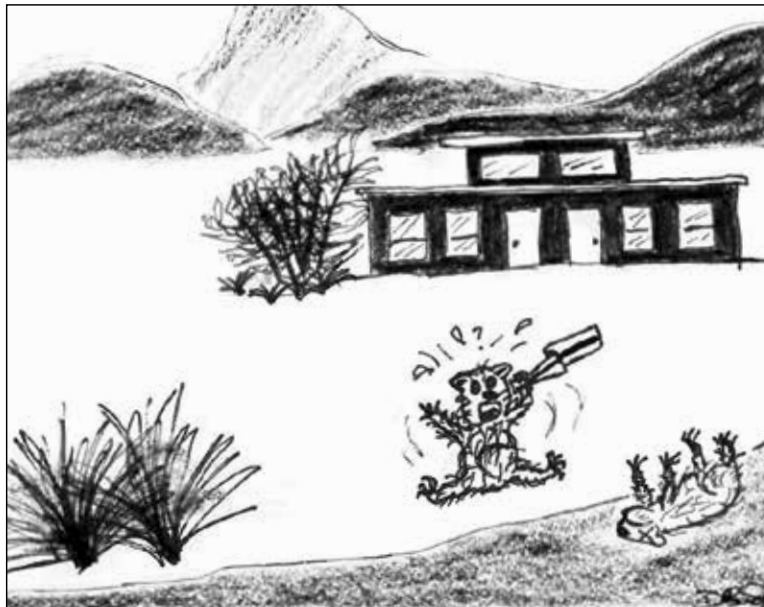


"Fall"

The fall season has arrived, although we don't feel it here at GTMO. Cooler temperatures, color changing foliage, the start of football, a new school year, and on the list goes. Fall is a time of change. It's a reminder that our world is in a constant flux of change. And so are we. Are you changing for the better?

THE DOWNSIDE UP

by Sgt. Darron Salzer



"Howard! You forgot your P.T. belt!"

There will be a **base-wide power outage** from 4 a.m. to 4 p.m. on Columbus Day, Mon., Oct 14.



Arts & Crafts **Closed**
Auto Skills **Closed**
Library **Closed**
Paintball **Closed**
CYP Programs **Closed**

CLUBS & DINING

Bayview Club **Closed**
Jerk House **Closed**
Triple C **Closed**
House of Yum **Closed**
Taco Bell **Closed**
Bowling **Closed**
Windjammer **Closed**
O'Kelly's* **6-10 p.m.**

*Regular menu will NOT be available

GYMS & POOLS

Denich **Closed**
Camp America **Closes at 4 a.m.**
Opens at 4 p.m.
Marine Hill **10 a.m. - 6 p.m.**
Pools **Closed**

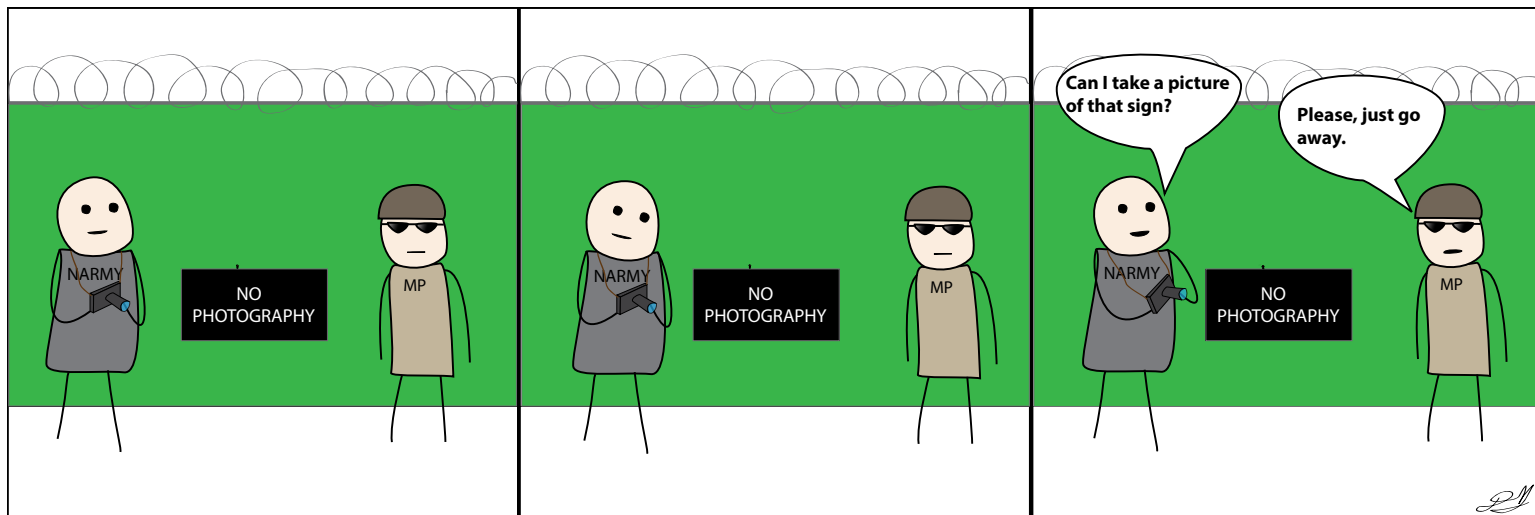
Liberty Centers

Deer Point **Closed**
Camp America **Closes at 4 a.m.**
Opens at 4 p.m.
Marine Hill **Noon - Midnight**
Tierra Kay **4 p.m. - Midnight**

MWR Columbus Day Hours

Monday, October 14, 2013

GTMO JOE by Spc. David Marquis





Bowling for titles

GTMO Money strikes back with championship

Story by Pfc. Cody Cooper

JTF-PAO, thewire@jtfgtmo.southcom.mil

Spinning a heavy bowling ball in his hands, the man's heart beats against his ribcage. The weight of the championship has come down to this moment. A bead of sweat runs down his face as he steps up to the line. Everything is silent. All eyes are on him. Gazing down the lane, completely focused on the pins, he places his foot in the exact place as he did the time before. Then he whirls the ball down the alley.

The ball spins vigorously down the lane; curving rapidly it heads for the gutter. At the last second, it swerves back; crashing and knocking down all the pins. The word "strike" appears on the television screen mounted above the alley. His teammates jump up from their seats; bursting into a loud uproar. The man exhales in relief. "GTMO Money" has just won first place.

GTMO Money, a team of five, was presented with their trophies Oct. 7, at Marblehead Lanes bowling center at U.S. Naval Station Guantanamo Bay, Cuba. The "Trojans" placed second, followed by "Hot Shots" with 3rd place.

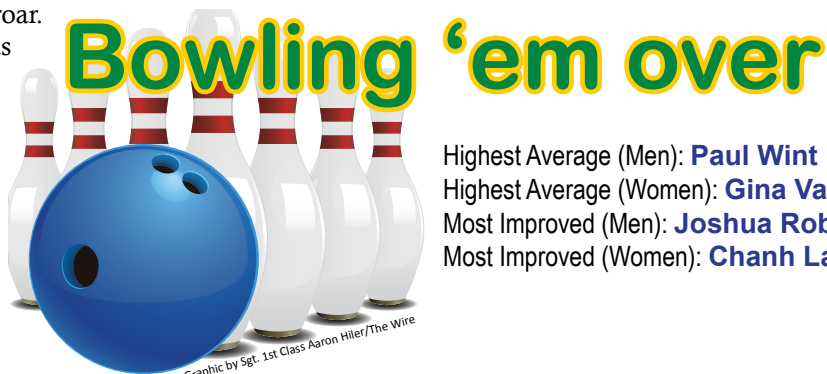
Navy Chief Warrant Officer Randy Barger, the officer in charge with the Personnel

Support Detachment, was the lead scorer for GTMO Money and bowled an average of 170 points a game. His highest bowling score at Marblehead Lanes is currently 257 points. Being skilled in bowling may come easy to Barger but he also enjoys competing with his team.

"It has been amazing. This is a really good team and I look forward to bowling with these guys again," said Barger.

Even though having fun is important to Barger, he agrees bowling can be competitive.

"Our last game was very close," said Barger, "luckily we pulled it together and won first place." 🏆



Highest Average (Men): **Paul Wint**
 Highest Average (Women): **Gina Vaile-Nelson**
 Most Improved (Men): **Joshua Robes**
 Most Improved (Women): **Chanh Lam**

Woodshop 101: *Good hobby, fun times learn to make treasures*

Story and photo by Sgt. Cody Stagner

JTF-PAO, thewire@jtfgtmo.southcom.mil

The Morale, Welfare and Recreation's woodshop offers unique opportunities for Service members and residents at Joint Task Force Guantanamo.

Located at the Arts and Crafts Building near McCall Hill on Sherman Drive, the woodshop is somewhat hidden; even visitors to the ceramics shop might not realize it's there.

The size of the MWR woodshop, the quality of its contents, and the service it provides, are well worth searching out as a valuable benefit for residents here.

"The most popular items people sign up to make here are coin holders, shadow boxes and paddles," said James Velasco, a worker at the shop. "We also host woodshop classes here to teach people how to make these objects for about \$40 per course."

This month, classes are learning how to carve a wooden, commemorative paddle and create a challenge coin holder.

"Signing up for the classes is easy," said Velasco. "Come by Arts and Crafts and ask for woodshop activities. Somebody at the front desk will help you."

Velasco also added if residents have not taken the Woodshop-101 safety class, each of the instructional classes cover the safety rules of the shop and instructions on proper use of the equipment.

While customers utilize the shop, workers like Velasco are there to ensure they are working in a safe environment and have all the tools they need.

"If you need to borrow tools for your project, we have many

extras here that you can check out for free," said Velasco. "We have sets of ear muffs, safety glasses, pencils and tape measures that everyone must have. Customers can also check out sanders, battery-powered drills, dremel tools, burning tools,

nail guns and other manual hand tools. We have a little bit of everything. It does cost money to purchase the wood, but using our equipment is completely free."

Many types of wood are available, ranging from Poplar at \$3.60 per board-foot, to Mahogany at \$10 per board-foot. Plywood and 2x4s may also be purchased.

Whether it is a simple coin holder or a fancy new China cabinet for the living room, the woodshop has many

state-of-the-art pieces of equipment available for your creative enjoyment as a beginner hobbyist or a professional craftsman.

They have a dove-tail machine, planers, lathes, miter saws, jointers, belt-sanders, ban saws, drill presses, scroll saws, table saws, jig saws and the list goes on.

For regular customers wishing to keep their projects or personal tools at the shop, wall lockers are available for \$5 per month.

Woodshop hours of operation are Thursday through Saturday from 5 p.m. to 9 p.m. and Sunday from noon until 9 p.m.

If you are in a hurry to have the finished product, you may speed the process up by visiting the ceramics shop and purchasing your own wooden, commemorative items already on display.

For more information about the woodshop or its classes, please contact Arts and Crafts at ext. 74795, or you may call Maria Blanchard at ext. 75351. 🏠



Structured Self Development Requirements

effective June 1, 2013



Specialists and corporals must complete SSD-1 before they can be recommended (boarded) to sergeant.



Sergeants must complete the Warrior Leader Course (WLC) before they can be recommended (boarded) to staff sergeant.



Staff sergeants must complete SSD-3 before they are eligible for consideration for sergeant first class. Staff Sergeants who have already completed the Senior Leader Course (SLC) have no requirement to complete SSD-3. All Soldiers who have completed Advanced Leader Course (ALC) will be auto-enrolled and must complete SSD-3.



Sergeants first class must complete SSD-4 before they are eligible for consideration for master sergeant.

If you are having trouble with access or other problems once enrolled in SSD-3, please contact the Army Training Help Desk (ATHD) at 1-800-275-2872 or email at athd@mailds01.csd.disa.mil



Silence Hides Violence

If you see someone being abused:

- Call 911

If someone you care about is a victim of domestic violence:

- Let them know you are concerned for their safety
- Refer them to the Family Advocacy Program

Ext. 4243, 4141 or 84438

We all have a role in reporting violence



Fighting for YOUR Relationship

October 15, 6:00 - 7:30 p.m.

Improve your relationships by learning the elements of healthy and unhealthy relationships.

New to GTMO Orientation

October 16, 8:15 - 11:15 a.m.

Transition Assistance Program (TAP)

October 28-November 1

Mandatory for any Trooper who will be leaving the military or returning home from deployment. Attend seminars in job search skills, resume development, personal finance, and veterans benefits.



Daily 9:55 a.m. to 7:55 p.m.

Beginning immediately a new shuttle bus service will run between Camp America and the main Navy Exchange. The schedule of stops for the NEX Express is listed in each issue of The Wire.



The
Fleet & Family Support
Center

For more information call ext. 4141



An electrifying sight over Windward Loop Oct. 4, was captured by Command Master Chief Laura Heden of the Joint Medical Group.

PHOTO OF THE WEEK